

Heartfulness Guided Relaxation

- Sit comfortably and gently close your eyes. Allow your breath to be natural and calm. Relax.
- Let's begin with the toes... Feel your toes relaxing. ... Now feel your feet and let them deeply relax. Feel your ankles... and relax. Breathe in... breathe out and let go.
- Then move to your lower legs, and feel them relax. Breathe in gently, breathe out and relax. Move to your upper legs. The upper legs feel relaxed. Now your whole legs are relaxed, from the top to the tips of your toes. Breathe in... breathe out and let go.
- Bring your attention to your seat and hips, and relax. Breathe in... breathe out and let go.
- Bring your attention to your lower back. Breathe calmly and relax. Move to your upper back... relax. Your back is now completely relaxed.
- Move your attention to your stomach, and relax. Breathe in... breathe out and let go. Move up to the chest. The entire chest area is relaxing now. Continue to breathe gently.
- Now draw your attention to your fingertips. Relax your fingers... and your hands. Your lower arms are relaxed... and your upper arms are feeling deeply relaxed. Breathe in... breathe out and let go.
- And now your shoulders are relaxing and melting away. Begin to relax the neck, releasing any tightness in the neck muscles. Relax and breathe calmly; let go.
- Move your attention to your face and relax the muscles in your face. Your jaw is relaxed, your lips are relaxed, and your eyes are closed very gently and very softly. Relax.
- Now move to your mind. Breathe in... breathe out and let go. Allow your mind to relax deeply.
- Move your attention to your heart. Relax into your heart, and remain there, feeling deeply relaxed in your heart.¹ Stay there for a little while.
- Now slowly bring your attention back to the present moment. Wiggle your toes, and slowly, gently open your eyes.

¹ Young children can remain in the heart for 20 seconds, gradually extending up to 1 minute as they progress.

Teenagers may remain in the heart for up to 15 minutes after some practice.

Adults may do this relaxation at the beginning of their Heartfulness meditation practice. At the end of the relaxation, keep your eyes gently closed and suppose that Divine Light or the Source of Light is illuminating your heart from within. Remain with this for about 30 minutes.

